

THE AUSTRALIAN MOTHERCRAFT SOCIETY
PLUNKET SYSTEM

SYDNEY:

Australian Mothercraft Society, Plunket System,
283 Elizabeth Street, and "Karitane," Sydney,
Mothercraft Centre, Woollahra, Sydney.

MELBOURNE:

Tweddle Baby Hospital, Footscray, Plunket System;
The Infant Welfare Centre, Coburg.

TASMANIA:

Baby Clinics, Hobart and Launceston.

WHITCOMBE & TOMBS LTD.,
154 Castlereagh Street, Sydney.

Robert Martin

THE AUSTRALIAN MOTHERCRAFT SOCIETY
PLUNKET SYSTEM . 283 ELIZABETH STREET, SYDNEY

BABY RECORD



Plunket Nurse's Advice to Mothers

By Courtesy of Sir F. Truby King.
Instructions written in this book are for YOUR Baby only.

WHITCOMBE & TOMBS LTD.,
Sydney and Melbourne.

ALWAYS BRING THIS BOOK.

TO MOTHERS!

The most loving act a mother can do is to nurse her baby.
Nothing can ever replace the milk and the heart of a mother.
Old French Proverb.

Your Baby needs:

I.—AIR. Abundance of pure, cool, outside air, flowing fresh and free day and night.

II.—WATER. Must be boiled.

III.—FOOD. Suitable food, proper intervals. No food between the regular feedings. No night feedings.

Best Food—Mother's Milk.

Best substitute—Humanised Milk, suitably graded.

N.B.—Bottle-fed babies **MUST** have some fresh **uncooked** fruit or vegetable juice daily. Orange juice is best, but swede turnip or carrot juice may be given instead.

In sickness may need to dilute, modify, or change food, or give only boiled water for a time.

IV.—CLOTHING. Must be non-irritating, non-constrictive, light but sufficiently warm.

V.—BATHING. Bath and dress very quickly in a cosy corner. No dawdling.

See Last Page.

Name of Child

Robert Martin

Name of Parent

Frederick Sheet

Address

Fairfield

N.B.—To prevent risk of mistakes by the mother, the Plunket Nurse will enter clearly in this book any recipe for food she may order.

[illegible]

Name Robert Martin
When first seen by Nurse 21-9-37
Date of Birth 22-7-37
Present Age 85 1/2 weeks
Weight at Birth 7-4
Present Weight 10-8 1/4
Weight gained in _____ months

Helpful Remarks: Advice, and Instructions given by Plunket Nurse on Baby's Health and Condition, to aid the mother in doing the best for her child. Precise food recipe, if any—

Breast fed 3 hrs
To have whole feeding

FIRST ADVICE AND INSTRUCTIONS.

28-9-37

95/7 weeks

Gained $8\frac{3}{4}$ lbs in 2 weeks

Mother's diet corrected -

Next feed $2\frac{3}{4}$ g

First Advice and Instructions—continued.

12.10.37

11 $\frac{5}{7}$ weeks

11 lbs $6\frac{1}{2}$

Gained $5\frac{1}{3}$ g in 2 weeks

Complement 50g

20g milk

30g water

2 level tin of barilac

Give 20g at 2hr 0 6hr

To come for test feed 10 am.

Date 16. 10. 37.

Age 12²/₇ weeks Weight 11. 6³/₄.

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

T. F. 2¹/₂oz

Expressed 1¹/₂oz

Express breast milk - give by
bottle add whey to make up
to 5¹/₂oz each feed

5¹/₂ x 5.

19. 10. 37

12⁵/₇ oz

11 lbs 12¹/₂

Gained 6oz in 1 week.

26. 10. 37

13⁵/₇ oz

12. lbs 9

Gained 6¹/₂ oz in 1 week.

Flat test 4¹/₂ p.

Date 2-11-37

Age 14 $\frac{5}{7}$ weeks Weight 12 $\frac{1}{2}$ 9 $\frac{1}{2}$

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Gained $6\frac{1}{2}$ oz in 1 week.

motions improved

9-11-37

13 lbs 1

15 $\frac{5}{7}$ weeks.

Gained $7\frac{1}{2}$ oz in 1 week.

ended to $5\frac{3}{4}$ oz.

Date 16 - 11 - 37

Age 16 $\frac{5}{4}$ wks Weight 13 lbs 6 $\frac{1}{2}$

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Gained 5 $\frac{1}{2}$ oz in 1 week.

Feed to 6 oz. 30 oz. in 24 hrs.

30 - 11 - 37

18 $\frac{5}{4}$

13 lbs 15 $\frac{1}{2}$

14 - 14 $\frac{1}{2}$

Gained 14 oz in 2 weeks

14 - 12 - 37

20 $\frac{5}{4}$ wks.

14 lbs 7 $\frac{1}{2}$

Gained 8 oz in 2 weeks

Feed. up to 6 $\frac{1}{2}$ oz each feed

Date 11 - 1 - 38 - 3

Age 24 $\frac{5}{4}$ wks Weight 15 + 3 $\frac{1}{4}$

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any-

Gained 1 lb 5 $\frac{3}{4}$ oz in 4 wks

9 oz each feed.

15 oz

6 $\frac{1}{2}$ oz milk

8 $\frac{1}{3}$ oz water

1 tablet 2 tea sp. barlos

Prune juice $\frac{1}{4}$ tea spoon a day
minors $\frac{1}{4}$ tea spoon.

barlos $\frac{1}{4}$ tea spoon a day
minors $\frac{1}{4}$ tea spoon a day till
having 1 tea spoon

Orange juice 3 tea spoons

Date 18.1.38

Age 6 mts Weight 16.2 1/2

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Gained 5 1/4 oz in 1 week

18.2.38

6 1/2 mts

16 lb 14 1/2

Gained 12 oz in 2 weeks.

20 oz

8 1/2 oz milk

11 1/2 oz water

Karilar 1 Table 3 tea spoons

Karilar 2 tea spoons a day

Gained up to 4 1/2 oz

15.2.38

6 3/4 mts

17.8 1/2

Gained 10 oz in 2 weeks

Karilar 3 tea spoons a day

Date 1.3.38

Age 7 1/4 mts Weight 18 lbs 5

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any-

Gained 12 1/2 oz. in 2 weeks

15.3.38

7 3/4 months -

18-16

Gained 150g in 2 weeks

2 table of cereal 10am

6pm 1 table of

22.3.38

8 mts

19 lbs 1

Gained 2g in 1 wk.

Date 29.3.38 14.8 (no bottom)

Age 8 1/4 nt Weight 19-10

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Gained 9 oz in wk.

2 Tbls of cereal 1200 & 6pm

5.4.38

8 1/2 nt

20 lbs 0 1/2

Gained 6 1/2 oz in 1 wk.

Complement 200g

3 tbs of cereal

Discontinue 2pm breast.

Date 19.4.38

Age 8 $\frac{3}{4}$ mts Weight 20.5

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

3 ained 4 $\frac{1}{3}$ oz in 2 weeks

~~4~~^{to} much weaning

2.5.38

9 $\frac{1}{4}$ mts

21 lbs 4

3 ained 1 lb 2 oz - 2 weeks
last week weaning

1 $\frac{1}{2}$ table of orange juice

Date 17. 5. 38

Age 9 $\frac{3}{4}$ mts Weight 22 lbs 1

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Gained 10 oz - 2 weeks
marmite $\frac{1}{8}$ tea spoon.

31. 5. 38

22 lbs 8

10 mts

Gained 7 oz in 2 weeks

cut 2 teeth

Chicken's broth

Raw apple after meal.

Date 14.6.38

Age 10 1/2 mts Weight 23 lb 2

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

8 ained 10 of = 2 weeks

28.6.38

11 mts

24 lb.

8 ained 14 of = 2 weeks

mutton broth

butter on nubs. 1 tea spoon
a day

Orange juice 2 table spoons

12.7.38

11 1/2 mts

24.4³/₄

8 ained 4³/₄ of = 2 weeks

cut. 3" & 4" teeth

22g milk

8-10g water

1 1/3 table of bran

1 table spoon sago, ground
rice, or semolina

Date 2.8.38

Age 12 $\frac{1}{4}$ mths Weight 24 lb 4

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Lost $\frac{3}{4}$ oz in 1 week.

Has had bad cold & not eating.
cut 5th & 6th teeth

Steamed vegetables served.

baked apple or prunes until pudding.

Coddled egg yolks 1 tea spoon.

Twice a week.

16.8.38

12 $\frac{3}{4}$ mths

24 lb 14

3 ained 10 oz in 2 weeks

20 oz milk

5 oz water

1 table sp barbitar

Paril 2 tea spoon a day.

gnerose egg yolk to whole yolk

Date 20.9.38

Age 14 mths Weight 26 lbs 6

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Served 1 lb 8 oz 4 wks.

add white of egg

at 15 ml. cornmeal brains &
fish.

Gradually reduce baratar to nil
cut 7th food

The following is a list of the Plunket Mothercraft Hand-books by Sir Truby King, K.B., C.M.G.:—

"The Expectant Mother and Baby's First Months," Price 3/6, postage 3d.

—
"Feeding and Care of Baby," Price 3/6, postage 3d.

—
"Natural Feeding of Infants," Price 1/-, postage 2d.

—
"The Story of the Teeth," Price 1/-, postage 1d.

—
"Mothercraft" (Fourth Edition), Price 3/6, postage 4d.

By Mary Truby King:

—
These books are obtainable at Mothercraft Society Rooms, and Messrs. Whitcombe & Tombs Ltd., 154 Castlereagh Street, Sydney.

—
N.B.—Don't use a comforter. It is utterly unnecessary, and is always prejudicial to health. A dummy deforms the jaws, teeth and palate, and causes saliva to dribble all the time, thus interfering with digestion. Further, it is a leading cause of "adenoids."—*F. Truby King.*

VI.—MUSCULAR EXERCISE AND SENSORY STIMULATION.—Not only must baby have plenty of vigorous exercise, in the way of kicking, working the arms and hands, moving the body, etc., but he must also have due stimulation of the skin and nervous system by plenty of outing in the open air and sunshine. The eyes must be protected from glaring light of any kind.

VII.—WARMTH. Warmed air and surroundings are essential for prematures. Healthy babies, like adults, benefit enormously by being kept in pure, cool air, if properly clad.

VIII.—REGULARITY OF ALL HABITS.—Regularity of feeding, with proper intervals and no food between meals. Regularity of exercise, sleep, etc. Regularity of action of the bowels. **Secure at least one motion every day.**

IX.—CLEANLINESS. Cleanliness in everything, especially with regard to food and feeding utensils.

X.—MOTHERING. Proper mothering and handling of a baby are essential for the best growth and development.

XI.—MANAGEMENT. Fond and foolish over-indulgence, mismanagement and "spoiling" may be as harmful to an infant as callous neglect and intentional cruelty.

XII.—REST AND SLEEP. These depend mainly on the above. Remember to turn baby in his cot and remove wet napkins, cold bottles, etc.

N.B.—Baby must NEVER sleep in bed with his mother.